

# Are You Up-To-Date on Your Preventive Services?



Medicare covers a full range of preventive services to help keep you healthy and help find problems early, when treatment is most effective. Ask your doctor which of these services is right for you.

✓	Preventive Service	Date	Notes
	Physical Exam (one-time “Welcome to Medicare” physical exam—within the first 12 months you have Medicare Part B)		
	Cardiovascular Screenings (cholesterol, lipids, triglycerides)		
	Screening EKG		
	Abdominal Aortic Aneurysm Screening		
	Colorectal Cancer Screening		
	Mammogram (screening for breast cancer)		
	Pap Test and Pelvic Exam (includes a breast exam)		
	Prostate Cancer Screening		

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	Bone Mass Measurement (Bone Density Test)		
	Glaucoma Test		
	Flu Shot		
	Pneumococcal Shot		
	Hepatitis B Shot		
	Diabetes Screening		
	Diabetes Self-management Training		
	Medical Nutrition Therapy Services		
	Smoking Cessation (counseling to stop smoking)		

Your “Medicare & You” handbook has more information about preventive services including costs. Visit [www.medicare.gov/Publications/Pubs/pdf/10050.pdf](http://www.medicare.gov/Publications/Pubs/pdf/10050.pdf).